

Glentress 21km Trail Race - Mandatory Kit List:

The Glentress 21k ventures into remote areas of the forest and the weather can change quickly, with conditions in the valley very different from high up in the forest. Please be aware that it may take a while for any assistance to reach you & that you will soon cool down rapidly. It is essential that you dress appropriately for the conditions with suitable clothing and footwear.



Considering the event routes, the time of year and possible adverse weather conditions all items on the following list must be carried by the participant for the duration of the event as a minimum requirement:

- Full **WATERPROOF** body cover (top & bottoms) with taped seams (windproof is not sufficient)
- Hat, Gloves & Whistle
- Emergency foil blanket or bivi bag
- Mobile phone fully charged

Recommended Kit:

- Suitable trail running shoes are strongly recommended/essential.
- First aid kit to include: blister plasters/1 large sterile wound dressing/bandage or tape to secure dressing
- Thermal clothing
- Sufficient energy food & fluid: Ensure you carry sufficient personal nutrition & drinks with you for the full route & do not rely on the hydration/feed stations as your only supply.

Please note this is a minimal requirement & it is important that you are prepared for the conditions that may be encountered. **THIS IS FOR YOUR OWN SAFETY.**

We understand that you may not necessarily need to use this kit whilst running but it is essential that you are prepared for the eventualities that could occur.

Random kit checks will also be in place throughout the event. Any participant not carrying the required mandatory equipment will be disqualified.

Glentress 10km Trail Race - Kit List:

We strongly recommend that 10k participants dress appropriately for the conditions with suitable clothing & footwear. The above kit list is highly recommended.

